ABSTRACT OF THE DISCLOSURE

A method and system for power saving in a wireless LAN is disclosed, which uses the method of modifying the beacon frame body or broadcasting the schedule information frame. The medium access behavior of each station during the contention free period (CFP) and the contention period (CP) can be dynamically re-programmed. Therefore, the stations that should access the radio medium can only wake up at the specific access time to send or receive the packet and re-enters its power-saving state after the data transmission.